

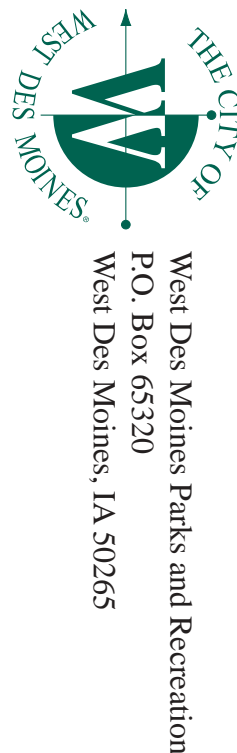
FEE: Pre-register by April 16th and adults can participate for \$15 and youth (12 and under) can participate for \$10. Each pre-registered participant will receive a commemorative T-shirt. Register after April 16th and adults will pay \$20 and youth \$15.

PROCEEDS: Part of the funds raised from the registration fees for Zing into Spring will help with the travel costs for Liang Chow as he travels to Beijing, China for the Olympics. Chow is the coach for West Des Moines Olympic hopeful Shawn Johnson.

REGISTRATION: Mail entries to: Zing into Spring, WDM Parks and Recreation, P.O. Box 65320, West Des Moines, IA 50265 or register online at <http://reconline.wdm-ia.com>.



Questions? Call 222-3448



Registration & Information for..



**5K Fun Run
& 1 Mile Walk**

**Sunday, May 4
West Des Moines
City/School Campus**

presented by:





Questions? Call 222-3448

REGISTRATION FORM

WHAT: Put a little zing into your step and join a 5K Fun Run on the West Des Moines trails system or join the group for a One Mile Walk. The routes begin and end at West Des Moines City Hall.

A community-wide health fair will also be part of the festivities. Vendors from throughout the community will provide FREE information and demonstrations that will help you learn new ways to live a healthier lifestyle. Bring your old glasses and hearing aids and donate them to the WDM Lions Club so they can be shared with people in need.

A FREE **Kids Zone** will also be available that will provide fun and entertainment for children of all ages!

WHEN: Sunday, May 4th.

SCHEDULE: 1-4:00-Health Fair & Kids Zone
1:00pm-Registration Opens
2:00pm-Run and Walk Starts

WHO: All Ages are welcome to participate!

SPONSORSHIP OPPORTUNITIES:

If you or your business would be interested in becoming an event sponsor, please contact the WDM Chamber of Commerce at 225-6009 or kay@wdmchamber.org.

Contact Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Phone _____

Name(s) of Participant(s)	Age	T-shirt Size	Fee
TOTAL DUE			

PAY BY:

Check
Cash
Visa
Master Card

T-shirt Sizes Available: Adult S, M, L, and XL and Youth S, M, L

Entry Fees by April 16: Adults \$15 Youth (12 & under) \$10

Entry Fees after April 16: Adults \$20 Youth (12 & under) \$15

Credit Card (Visa or Master Card) **Number** _____ **Exp.** _____

Checks need to be payable to the City of West Des Moines

Participant Waiver for Zing into Spring

For and in consideration of my participation in Zing into Spring sponsored by the West Des Moines Chamber of Commerce and City of West Des Moines, I hereby waive and forever release any and all damages, and or loss of services which I may now have or have in the future against the West Des Moines Chamber of Commerce and the City of West Des Moines, their agents, servants, employees, successors, and assigns, and against all sponsors, co-sponsors, and all other individuals and or entities involved in promoting and or presenting the program, their agents, servants, employees, successors, and assigns, arising from any damages or losses which I may suffer or incur while taking part in this program. This waiver and release shall be binding upon my heirs, executors, administrators and assigns.

Signature(s) _____ Date _____

If the participant is a minor under the age of 18, a parent or guardian must sign indicating permission for the minor to participate. All persons 18 years and older must sign the Participant Waiver.

*Send checks (Payable to City of WDM) or credit card number and this registration form to:
WDM Parks and Recreation, P.O. Box 65320, West Des Moines, IA 50265 or fax this form to 515-222-3459.*